



# YELLOWHEAD HERITAGE CLUB

## February 2022

At this time, two years ago, we were busy packing our bags and getting ready to head to Mexico with friends for a holiday. While we were down there Covid took over and we came home to a very different Canada; masks, social distancing, ordering groceries on-line and washing everything that came into our homes. Since then, they have learned a lot about the virus and its transmission. For most of us, we are less fearful, we have learned to live with the restrictions and our lives have continued moving forward.

We are halfway through the winter, and really other than a week here or there, things haven't been too bad. Some folks decided to stay home again this winter, while others have navigated the travel restrictions to spend part some time in the warm weather, some heading south and some others seeking out the beaches of Hawaii. Maybe next year for us...

Just a reminder, that February is the shortest month of the year, I've noticed the days are getting longer, and the sun feels warmer some days, when the wind isn't blowing. All the snow we have received will help decrease the drought conditions we have had the last few years. Keep that in mind when you are out shovelling your sidewalks, keeping them clear helps the letter carriers. March will be here before we know it, and with it comes spring. Some avid gardeners are likely already planning their yards for the summer growing season, so keep smiling!

*Mavis*

## Some regular Heritage Club events:

Weekly Breakfast Buddies meet on  
Tuesday's at about 8:30 at the  
Smitty's in Market Mall  
**All are Welcome!**

The Ladies Lunches meet on the last  
Wednesday of every month.  
February's lunch is on Wednesday,  
February 23<sup>rd</sup> at Mano's on 8<sup>th</sup> Street

Lunches on March 30<sup>th</sup>, April 27<sup>th</sup>  
and May 25<sup>th</sup> will be at  
Pink Cadillac on 8<sup>th</sup> Street

**Still cancelled for now...**

Cards and Games Club



**Congratulations to  
Recent Retiree's...enjoy!**

Kelly Hutchinson  
Rita Wasylyniuk  
Karen Richie

## Tips for Adjusting to Retirement

There's a good chance you never thought much about the psychological effect retirement might have on you. Retirement often means a loss of identity; it can cause you to question who you are now that you're no longer working.

Other issues that come with retirement such as more time and less money can also make for a difficult adjustment. Some retirees experience mental health issues, such as depression and anxiety after you stopped working.<sup>1</sup>

In the early stages of retirement, you may feel somewhat lost. Many retirees find the transition can be difficult. These eight tips might help you adjust to retirement so you can feel fulfilled and happy during this chapter of your life.

### Expect to Go Through Stages of Emotions

There's an emotional process that most people go through when adjusting to retirement. First, there's a feeling of freedom; you're on a vacation that's going to last forever. Soon, the novelty wears off and you will settle into a slower lifestyle. There might be a stage that involves a lot of, "Oh, no! What did I do?" thoughts, followed by anxiety and boredom. You might even feel guilty for not enjoying retirement as much as you think you should.

Suppressing your emotions or denying your feelings can lead to unhealthy coping strategies; like relying on alcohol or food. Allow yourself to experience a wide range

of emotions, whatever they may be. Look for healthy ways to deal with your feelings. You might find walking, reading, writing, talking to others, or yoga helps you deal with your emotions.

### Structure Your Days

Before retirement, you had your routine down pat: Alarm goes off, shower, breakfast, pack a lunch, head out the door. And probably a similar structure to the end of your day that began when you walked back into of your home.

If you like a schedule, you might establish a retirement routine that helps you plan your days. Experiment with various activities and time slots to see how it makes you feel.

Plan time for lingering over the your tablet or newspaper with a cup of coffee, but add in regular time for exercise, social activities, volunteer opportunities, and family meals. Your days don't need to be rigid, having a set wake-up time and routine can help you feel more normalcy now that you aren't going to work.

**To be continued in the next newsletter...**



# The Most Common (and Worst) Passwords

**If your password is on the “Top 200” list, if so, you should change it today**

Is your online password “123456”? If it is, you should change it right now as it was one of the most common passwords of 2020, and is used by more than 2.5 million people and exposed more than 23.5 million times.

According to a survey, half of the 20 most common passwords of 2020 involved combinations of numbers 0 through 9, usually in sequential order, personal information like your age, house number or the year you were born. These common passwords are far from safe, secure hackers can crack them in seconds.

The password “123456” is common and easy to remember. Other common passwords include the classic “password,” “qwerty” (top row of your keyboard), and “iloveyou.” New additions to the 2020 list included “picture1,” “aaron431,” “unknown,” and “senha”—Portuguese for password. Common passwords fell into 12 categories: numbers, names, “password,” “qwerty,” random letters, device, sports, swear words, entertainment, positive words, food, and miscellaneous.

Passwords are necessary to protect your personal information and should be as secure as possible to prevent hacking into your accounts and getting to your personal information. When creating a password, avoid using repetitions or sequences such as “123123” or “abc123” and never use personal information such as your name, date of birth, address, or phone number.

The most secure passwords are long, with a combination of numbers, symbols, upper- and lower-case characters. Remember to create a different password for each account. That way, if one account is hacked, the rest are still protected.

If you’re having trouble coming up with unique passwords, use a password generator. Experts recommend that you change your passwords every 90 days. If you’re worried about forgetting passwords, you can use an online password manager to keep a list and these can often autofill your passwords, so you won’t have to enter them every time you log into a website. There are several online password managers, do your research to discover which is best for you. Some password managers include NordPass, 1Password, Norton Password Manager, and LastPass.

*Taken and adapted from Good Times-December 2020*



## Saying Farewell

**We wish to send our sincere condolences  
to the family and friends of  
Joe Wheeler, Gary Gillies,  
and John Zaccharias**

## 2022 Heritage Club Scholarship Program

This year, the Heritage Club is planning to award three scholarships to the children or grandchildren of dues-paying members of any Heritage Club across our nation. The national executive is pleased to announce that the value of each scholarship has also been increased to \$2,000. The scholarships are for any university or college studies. The scholarships will be awarded to students starting, for the first time, their first year of full-time studies.

### Eligibility Criteria:

Dependent children, including adopted children and stepchildren, grandchildren, wards in legal guardianship of all active members (dues paying member for the last 2 years) of a Heritage Club Chapter. Those applicants who have previously received a Heritage Club scholarship are not eligible to apply a second time.

### Application Deadline

Submissions must be postmarked on or before June 28, 2022.

### To Obtain an Application Package

Please contact Eldred Holmes at [holmese@ntl.rogers.com](mailto:holmese@ntl.rogers.com) for an application or for additional information.



Thanks to all the folks who either became a new member or renewed their membership with the Yellowhead Heritage Club. The more, the merrier! Winners of the Dues Contest, receiving \$25.00 each were:

- Tim Boechler
- Jim Christie
- Roland Delhomeau, and thanks Roland for donating your prize money back to the club!

To help us stay in touch with you, if you move, change phones or email address remember to please provide updated contact information including: your name, new address, phone number and email to Heather at:  
[saskatoonpcheritageclub@gmail.com](mailto:saskatoonpcheritageclub@gmail.com)

### *Your Yellowhead Heritage Club Committee*

President: Heather Spence

306-955-1408

Vice-President: Shirley Stewart

306-227-1947

Sec/Treasurer: Maxine McLeod

306-220-1067

Newsletter: Mavis McPhee

306-343-7624 or 306-290-8244

Members at Large: Robert Lee

Ross Spence

Club email: [saskatoonpcheritageclub@gmail.com](mailto:saskatoonpcheritageclub@gmail.com)

## **Heritage Club Registration**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Gender \_\_\_\_\_

Status (Active or Retired) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

CPC Start Date \_\_\_\_\_

Total Years of Service \_\_\_\_\_

**Membership Fee is \$12.00 per year.**

**Registrations can be sent to:**

[saskatooncpcheritageclub@gmail.com](mailto:saskatooncpcheritageclub@gmail.com)

Or by regular mail to:

Heather Spence

831 Delaronde Way

Saskatoon, Sk. S7J 3Y8

Dues are \$12.00 for the year with \$2.00 of the fee being directed towards a charity. Your partner may join as well for an additional \$12.00. Dues can be paid at any time. When sending in your membership, please provide us with your contact information. Cheques should be made payable to **Yellowhead Heritage Club.**

## **And now for our favorite joke of the month...**

A man who worked for the Post Office had the job of processing all the mail that had illegible addresses. One day, a letter came addressed in a shaky handwriting to God with no address. He thought he should open it to see what it was about. The letter read:

*Dear God, I am 83 and living on a very small pension. Yesterday, someone stole my purse. It had \$100 in it, all the money I have till my next pension cheque. Next Sunday is my birthday; I have invited two friends over for dinner. Without that money, I have nothing to buy food with. I have no family to turn to, and you are my only hope. Can you please help me? Sincerely, Edna*

The postal worker was touched. He showed the letter to all the other workers. Each one dug into their wallet and came up with a few dollars. By the time he made the rounds, he had collected \$96, which he put in an envelope and sent to the woman. The rest of the day, all the workers felt a warm glow thinking of Edna and the dinner she would be able to share with her friends. A few days later, another letter came from the same old lady to God. All the workers gathered around and opened the letter. It read:

*Dear God, how can I ever thank you? Because of your gift of love, I was able to fix a glorious dinner for my friends. We had a very nice day, and I told my friends of your wonderful gift. Also, there was \$4 missing. It must have been those jerks at the Post Office!*